



Fish in Beer Batter



Servings: 4
Total Time: 1 hr 30 mins
Cooking Time: 1 hr



METHOD

Place the flour on a plate and coat each piece of fish with flour well.

In a bowl and except for the white of the egg, hand mix the rest of the batter ingredients together well until smooth.

Heat oil in a large saucepan to 190°C (hot but not smoking). Ensure there is enough oil to completely submerge a piece of fish.

INGREDIENTS

2 large hake, each divided into 4 pieces
 2 Tbsp self-raising or cake flour

For the Beer Batter

330-340ml beer
 1½ cups self-raising flour
 (or cake flour & 2¼ tsp baking powder)
 ½ tsp salt
 ½ tsp smoked paprika powder
 1 large egg, separated



For Frying

1 btl (500-750ml) oil (coconut/light olive)

Just before frying the fish, mix the egg white into the batter.

Depending on the size of the pan, 2 to 3 pieces of fish can be fried together.

Dip each floured piece of fish into the batter, coating it well, and then gently place it into the hot oil. Remove the fish from the oil when the batter is golden and crisp (about 10 mins).

Keep the fried fish warm in the oven on an oven tray lined with paper towel (to drain). Serve immediately once all the fish has been cooked.

SERVING SUGGESTIONS

Serve with lemon wedges, tartar sauce, Triple Cooked Chips* and a salad.

